

Grade 7 Food Baskets Classroom Activity

Resources needed:

- chalkboard or some manner for recording and displaying student responses

Setting the Context

Facilitator says: "Today we are going to complete a task about planning and designing food baskets to help people who have been affected by an earthquake."

Facilitator says: "When a natural disaster such as an earthquake strikes, people in the area may not have access to food and water. There are many organizations that assist in getting food to people who were affected by the natural disaster. These organizations give each person a "food basket" that includes all of the food a person needs for one day. These food baskets provide nourishment to the residents until they are able to once again take care of themselves. You may not realize it, but there is a lot of planning involved to ensure that the right kinds of food are included in food baskets."

Facilitator asks: "What kinds of food do you think should go into a food basket to help people who have been affected by a disaster?" [Facilitator can write responses on the chalk board.]

Facilitator says: "There are guidelines that suggest the number of Calories and the types of food we should eat everyday. These guidelines also apply to these food baskets."

Facilitator asks: "Food baskets should provide at least 2,100 Calories to every person each day. Can anyone explain what a Calorie is?" [Wait for responses.]

Facilitator confirms: "A Calorie is a unit of measure for the energy we get from our food. If we do not eat enough Calories each day or if we eat too many Calories, we are not getting proper nutrition."

Facilitator says: "Another requirement for these food baskets is that some of the Calories should come from fat and some should come from protein. What are some examples of healthy foods that contain fat?" [wait for responses and introduce examples if needed: cheese, nuts, meat, fish, vegetable oil or olive oil. Oil is an important source of fat in food baskets.]

Facilitator says: "What are some examples of healthy foods that contain protein?" [Wait for responses and introduce examples if needed: meat, eggs, yogurt, nuts]

Facilitator says: "Legumes are an important source of protein in food baskets. Does anyone know what a legume is?" [wait for responses and introduce if needed: a legume is a nut or seed from a family of plants including peas, soybeans, kidney beans, lentils, and peanuts.]

Facilitator says: "The food baskets should also contain grains. What are some examples of grains?" [Wait for responses and introduce examples if needed: rice, wheat, or corn.]

Modeling a Process

Facilitator writes the following foods on the chalkboard or white board.

Corn
Soybeans
Beef
Kidney beans
Lentils
Peanuts
Rice
Eggs
Wheat
Cheese
Vegetable Oil
Cookies

Facilitator says: "We are going to pick some food for a food basket. We need to be sure that the basket contains at least one source of fat, one source of protein, and one grain."

Facilitator asks: "Which of these foods should we include in the basket to serve as a source of fat?" [Wait for responses and then circle the selection and write "fat" next to it. Possible options include: beef, nuts, cheese, cookies, and vegetable oil.]

Facilitator asks: "Which of these foods should we include in the basket to serve as a source of protein?" [Wait for responses and then circle the selection and write "protein" next to it. Possible options include: beef, peanuts, kidney beans, lentils, soybeans, and eggs.]

Facilitator asks: “Why are eggs and beef not ideal choices for the food baskets?” [Wait for responses, which should include that these types of food need to be kept cold and would be difficult to ship.]

Facilitator says: “Remember that legumes are an important source of protein in food baskets. Which of these foods are legumes?” [Wait for responses and then circle the selection and write “legume” next to it. Possible options include: soybeans, kidney beans, peanuts]

Facilitator asks: “Which of these foods should we include in the basket to serve as a source of grain?” [Wait for responses and then circle the selection and write “grain” next to it. Possible options include: rice, wheat, or corn.]

Facilitator says: “In addition to ensuring that the food baskets contain the proper nutrition, there are other factors to consider when planning and designing food baskets, such as ease of shipping, expenses, and availability of resources.”

Facilitator says: “Now you will work on your own to complete a task regarding the selection of contents for food baskets to help people affected by an earthquake.”

You may now begin the associated **Performance Task**.